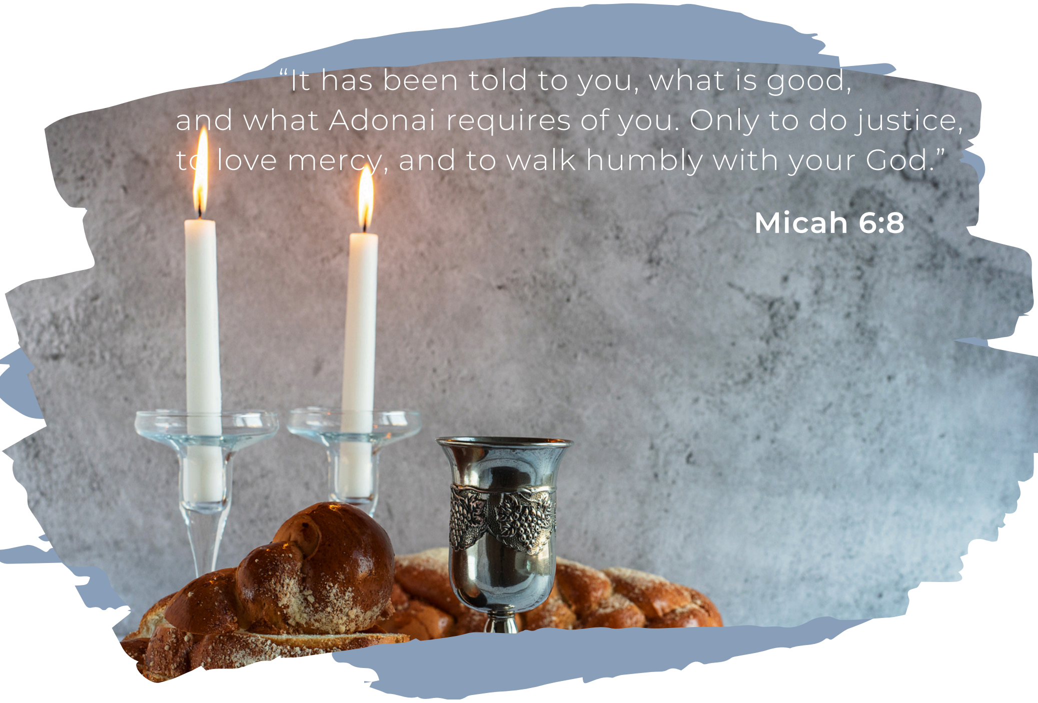
TEMPLE MICAH מיכה

Celebrate Shabbat

NOVEMBER 22-23, 2024 — SHABBAT

22 CHESHVAN, 5785 — CHAYEI SARA



MICAH HOUSE SHABBAT

Daniel G. Zemel, Rabbi
Joshua Beraha, Associate Rabbi | **Stephanie Crawley**, Associate Rabbi
Healy Slakman, Assistant Rabbi | **Beth Werlin**, Executive Director
Sharon Tash, Education Director

WELCOMING SHABBAT

NOVEMBER 22, 2024

Our Shabbat service is led by
Rabbi Zemel, Rabbi Crawley,
and Rabbi Slakman.

Blessing for Candles

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, asher kidshanu b'mitzvotav v'tzivanu l'hadlik neir shel Shabbat.

We praise You, Eternal God, Sovereign of the universe. You hallow us with Your Mitzvot and command us to kindle the light of Shabbat.

Kiddush - Blessing for Wine

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי הַגָּפֶן
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָנוּ
וְשַׁבַּת קָדְשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זִכָּרוֹן לְמַעֲשֵׂה בְרֵאשִׁית. כִּי
הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ זֵכֶר לִיצִיאַת מִצְרָיִם. כִּי בָנוּ בָחַרְתָּ
וְאוֹתָנוּ קִדַּשְׁתָּ מִכָּל הָעַמִּים וְשַׁבַּת קָדְשְׁךָ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ
בָּרוּךְ אַתָּה ה׳ מְקַדֵּשׁ הַשַּׁבָּת.

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, borei p'ri hagafen. Baruch Atah, Adonai, Elonheinu, Melech ha'olam, asher kidshanu b'mitzvotav v'ratzah vanu, v'shabat kodsho b'ahavah uv'ratzon hinchilanu, zikaron l'maaseh v'reishit. Ki hu yom t'hilah l'mikra'ei kodesh, zeicher litziat mitzrayim. Ki vanu vacharta v'otanu kidashta mikol ha'amim, v'shabbat kodsh'cha b'ahavah uv'ratzon hinchaltanu. Baruch Atah, Adonai, m'kadeish hashabbat.

We praise You, Eternal God, Sovereign of the universe, Creator of the fruit of the vine. We praise You, Eternal God, Sovereign of the Universe, You call us to holiness with the Mitzvah of Shabbat - the sign of Your love, a reminder of Your creative work, and of our liberation from Egyptian bondage, our day of days.

On Shabbat especially, we hearken to Your call to serve You as a holy people. We praise You, O God, for the holiness of Shabbat.

Challah - Blessing for Bread

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, hamotzi lechem min ha'aretz.

We praise You, Eternal God, Sovereign of the universe, who causes bread to come from the earth.

Boi Kallah

בּוֹאִי כַלָּה,
לְכָה דוֹדִי לִקְרַאת כַּלָּה. פְּנֵי שַׁבָּת נְקַבְּלָה.

Boi kallah!
Lecha dodi likrat kala, p’nei Shabbat n’kabelah!

Come, Shabbat bride! Let us greet Shabbat.

Hashkiveinu

music and lyrics by Mah Tovu: Chasen and Zweiback

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם
וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים
וּפְרֹשׂ עָלֵינוּ סֻכַּת שְׁלוֹמֶךָ, אָמֵן.

Hashkiveinu Adonai Eloheinu l’shalom.
V'haamideinu Shomreinu, l'chaim.
Ufros aleinu sukkat sh'lomecha,
Ufros aleinu sukkat sh'lomecha, Amen.

Shelter them beneath your wings, O Adonai
Guard them from all harmful things, O Adonai
Keep them safe throughout the night
Til they wake with morning’s light
Teach us, God, wrong from right, Amen.

Pure Heart

Jacob Niemi

Create a pure heart within me,
let my soul wake up in Your light.
Open me to Your Presence;
flood me with Your holy spirit.
Then I will stand and sing out
 the power of Your forgiveness.
I will teach Your love to the lonely;
the lost will find their way home.
Adonai, open up my lips that my mouth will declare your praise.

Our Shabbat Morning service is led by
Rabbi Beraha, Rabbi Crawley, and Rabbi Slakman.

Sim Shalom

Natalie Young

שִׂים שָׁלוֹם טוֹבָה וּבְרָכָה
חֵן וָחֶסֶד וְרַחֲמִים
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמֶּךָ.

Sim Shalom tovah uv'rachah,
chein vachesed v'rachamim,
aleinu v'al kol Yisrael amecha.

Grant peace, goodness and blessing, grace, kindness and mercy, to us and to all Your people Israel.

We Celebrate the Bat Mitzvah of Eden Belle Strass

Aliyah I	Community Member
Aliyah II	Brian and Jennifer Friedman
Aliyah III	Daniel and Laurie Brumberg
Aliyah IV	Deborah Friedman and Marc Strass
Aliyah V	Eden Belle Strass
Petichah I	Abigail Friedman
Hagbah	Evan Lazar
Gelilah	Tomi Schon
Petichah II	Jacob Friedman

Torah for Chayei Sara: Genesis 24: 1-19, 26-32

וְאַבְרָהָם זָקֵן בָּא בַּיָּמִים וַיהוָה בֵּרַךְ אֶת־אַבְרָהָם בַּכֹּל׃
וַיֹּאמֶר אַבְרָהָם אֶל־עַבְדּוֹ זְקַן בֵּיתוֹ הַמֹּשֵׁל בְּכָל־אֲשֶׁר־לוֹ שִׂים־נָא
יָדְךָ תַּחַת יְרֵכִי׃
וְאַשְׁבִּיעֲךָ בַּיהוָה אֱלֹהֵי הַשָּׁמַיִם וֵאלֹהֵי הָאָרֶץ אֲשֶׁר לֹא־תִקַּח אִשָּׁה
לִבְנִי מִבְּנוֹת הַכְּנַעֲנִי אֲשֶׁר אָנֹכִי יוֹשֵׁב בְּקִרְבּוֹ׃
כִּי אֶל־אַרְצִי וְאֶל־מוֹלַדְתִּי תֵּלֵךְ וְלָקַחְתָּ אִשָּׁה לִבְנִי לְיִצְחָק׃
וַיֹּאמֶר אֵלָיו הָעֶבֶד אוּלַי לֹא־תֹאבֶה הָאִשָּׁה לָלֶכֶת אַחֲרַי אֶל־הָאָרֶץ
הַזֹּאת הֶהָשֵׁב אָשִׁיב אֶת־בִּנְךָ אֶל־הָאָרֶץ אֲשֶׁר־יָצָאתָ מִשָּׁם׃
וַיֹּאמֶר אֵלָיו אַבְרָהָם הִשָּׁמֶר לְךָ פֶּן־תָּשִׁיב אֶת־בְּנִי שָׁמָּה׃
יְהוָה אֱלֹהֵי הַשָּׁמַיִם אֲשֶׁר לְקָחַנִי מִבֵּית אָבִי וּמֵאֶרֶץ מוֹלַדְתִּי וַאֲשֶׁר
דִּבֶּר־לִי וַאֲשֶׁר נִשְׁבַּע־לִי לֵאמֹר לְזַרְעֲךָ אֶתֵּן אֶת־הָאָרֶץ הַזֹּאת הוּא
יִשְׁלַח מַלְאָכוֹ לְפָנֶיךָ וְלָקַחְתָּ אִשָּׁה לִבְנִי מִשָּׁם׃

וְאִם־לֹא תֹאבֶה הָאִשָּׁה לָלֶכֶת אַחֲרֶיךָ וְנִקִּיתָ מִשְּׁבֻעָתִי זֹאת רַק
אֶת־בְּנִי לֹא תָשֵׁב שָׁמָּה:
וַיָּשֶׂם הָעֶבֶד אֶת־יָדוֹ תַּחַת יֶרֶךְ אַבְרָהָם אֲדֹנָיו וַיִּשָּׁבַע לוֹ עַל־הַדָּבָר
הַזֶּה:
וַיִּקַּח הָעֶבֶד עֲשָׂרָה גְמַלִּים מִגְּמַלֵּי אֲדֹנָיו וַיֵּלֶךְ וְכָל־טוּב אֲדֹנָיו בְּיָדוֹ
וַיָּקָם וַיֵּלֶךְ אֶל־אֲרַם נַהֲרַיִם אֶל־עִיר נָחוֹר:
וַיַּבְרֵךְ הַגְּמַלִּים מִחוּץ לָעִיר אֶל־בְּאֵר הַמָּיִם לְעֵת עֶרֶב לְעֵת צֵאת
הַשֹּׁאֲבֹת:
וַיֹּאמַר יְהֹוָה אֱלֹהֵי אֲדֹנִי אַבְרָהָם הַקְרֵה־נָא לְפָנַי הַיּוֹם וַעֲשֵׂה־חֶסֶד
עִם אֲדֹנִי אַבְרָהָם:
הִנֵּה אָנֹכִי נִצָּב עַל־עֵין הַמָּיִם וּבְנוֹת אַנְשֵׁי הָעִיר יֹצְאֹת לִשְׁאֹב מָיִם:
וְהָיָה הַנַּעֲרָ אֲשֶׁר אֹמַר אֵלֶיהָ הַטִּי־נָא כַדֵּךְ וְאֶשְׁתֶּה וְאָמְרָה שְׁתֵה
וְגַם־גְּמַלֶּיךָ אַשְׁקֶה אֹתָהּ הֹכַחְתָּ לְעַבְדְּךָ לְיִצְחָק וּבָהּ אֵדַע כִּי־עָשִׂיתָ
חֶסֶד עִם־אֲדֹנִי:
וַיְהִי־הוּא טֶרֶם כִּלָּה לְדַבֵּר וְהִנֵּה רִבְקָה יֹצֵאת אֲשֶׁר יֻלְּדָה לִבְתוּאֵל
בֶּן־מִלְכָּה אֵשֶׁת נָחוֹר אֲחִי אַבְרָהָם וְכַדָּהּ עַל־שִׁכְמָהּ:
וְהַנַּעֲרָ טֹבַת מַרְאֶה מְאֹד בְּתוּלָה וְאִישׁ לֹא יְדָעָהּ וַתֵּרֶד הָעַיְנָה
וַתְּמַלֵּא כַדָּהּ וַתָּעַל:
וַיָּרָץ הָעֶבֶד לִקְרָאתָהּ וַיֹּאמֶר הַגְמִיאִינִי נָא מְעַט־מַיִם מִכַּדֵּךְ:
וַתֹּאמֶר שְׁתֵה אֲדֹנִי וַתְּמַהֵר וַתֹּרֶד כַּדָּהּ עַל־יָדָהּ וַתַּשְׁקֵהוּ:
וַתְּכַל לְהַשְׁקֹתוֹ וַתֹּאמֶר גַּם לִגְמַלֶּיךָ אֶשְׁאָב עַד אִם־כִּלּוּ לִשְׁתֹּת:

וַיִּקֹּד הָאִישׁ וַיִּשְׁתַּחוּ לַיהֹוָה:
וַיֹּאמֶר בָּרוּךְ יְהֹוָה אֱלֹהֵי אֲדֹנִי אַבְרָהָם אֲשֶׁר לֹא־עָזַב חַסְדּוֹ וַאֲמִתּוֹ
מֵעִם אֲדֹנִי אָנֹכִי בַּדֶּרֶךְ נָחַנִי יְהֹוָה בֵּית אֲחֵי אֲדֹנִי:
וַתָּרָץ הַנַּעֲרָ וַתַּגֵּד לְבֵית אִמָּהּ כַּדְּבָרִים הָאֵלֶּה:
וּלְרִבְקָה אָח וּשְׁמוֹ לָבָן וַיָּרָץ לָבָן אֶל־הָאִישׁ הַחוּצָה אֶל־הָעָיִן:

וַיְהִי כִּרְאֹת אֶת־הַנֶּזֶם וְאֶת־הַצְּמִדִים עַל־יְדֵי אֲחֹתוֹ וּכְשָׁמְעוֹ
אֶת־דִּבְרֵי רִבְקָה אֲחֹתוֹ לֵאמֹר כֹּה־דִבֶּר אֵלַי הָאִישׁ וַיָּבֹא אֶל־הָאִישׁ
וְהִנֵּה עֹמֵד עַל־הַגְּמַלִּים עַל־הָעָיִן׃
וַיֹּאמֶר בּוֹא בְּרוּךְ יְהוָה לָמָּה תַעֲמֹד בַּחוּץ וְאָנֹכִי פִּנִּיתִי הַבַּיִת
וּמָקוֹם לַגְּמַלִּים׃
וַיָּבֹא הָאִישׁ הַבַּיְתָה וַיְפַתַּח הַגְּמַלִּים וַיִּתֵּן תֶּבֶן וּמִסְפּוֹא לַגְּמַלִּים
וּמַיִם לִרְחֹץ רַגְלָיו וְרַגְלֵי הָאֲנָשִׁים אֲשֶׁר אִתּוֹ׃

(24: 1) Abraham was now old, advanced in years, and God had blessed Abraham in all things. (2) And Abraham said to the senior servant of his household, who had charge of all that he owned, “Put your hand under my thigh (3) and I will make you swear by the Eternal, the God of heaven and the God of the earth, that you will not take a wife for my son from the daughters of the Canaanites among whom I dwell, (4) but will go to the land of my birth and get a wife for my son Isaac.”
(5) And the servant said to him, “What if the woman does not consent to follow me to this land, shall I then take your son back to the land from which you came?” (6) Abraham answered him, “On no account must you take my son back there! (7) The Eternal, the God of heaven—who took me from my father’s house and from my native land, who promised me on oath, saying, ‘I will assign this land to your offspring’—will send an angel before you, and you will get a wife for my son from there. (8) And if the woman does not consent to follow you, you shall then be clear of this oath to me; but do not take my son back there.” (9) So the servant put his hand under the thigh of his master Abraham and swore to him as bidden. (10) Then the servant took ten of his master’s camels and set out, taking with him all the bounty of his master; and he made his way to Aram-naharaim, to the city of Nahor.

(11) He made the camels kneel down by the well outside the city, at evening time, the time when women come out to draw water. (12) And he said, “O Eternal One, God of my master Abraham, grant me good fortune this day, and deal graciously with my master Abraham: (13) Here I stand by the spring as the daughters of the townspeople come out to draw water;
(14) let the maiden to whom I say, ‘Please, lower your jar that I may drink,’ and who replies, ‘Drink, and I will also water your camels’—let her be the one whom You have decreed for Your servant Isaac. Thereby shall I know that You have dealt graciously with my master.” (15) He had scarcely finished speaking, when Rebekah, who was born to Bethuel, the son of Milcah the wife of Abraham’s brother Nahor, came out with her jar on her shoulder. (16) The maiden was very beautiful [and] a virgin—not even one man had known her. She went down to the spring, filled her jar, and came up. (17) The servant ran toward her and said, “Please, let me sip a little water from your jar.” (18) “Drink, my lord,” she said, and she quickly lowered her jar upon her hand and let him drink. (19)
When she had let him drink his fill, she said, “I will also draw for your camels, until they finish drinking.” …

(26) The man bowed low in homage to God (27) and said, “Blessed be the Eternal, the God of my master Abraham, who has not withheld steadfast faithfulness from my master. For I have been guided on my errand by God, to the house of my master’s kin.” (28) The maiden ran and told all this to her mother’s household. (29) Now Rebekah had a brother whose name was Laban. Laban ran out to the man at the spring—

(30) when he saw the nose-ring and the bands on his sister's arms, and when he heard his sister Rebekah say, "Thus the man spoke to me." He went up to the man, who was still standing beside the camels at the spring. (31) "Come in, O blessed of God," he said, "why do you remain outside, when I have made ready the house and a place for the camels?" (32) So the man entered the house, and the camels were unloaded. The camels were given straw and feed, and water was brought to bathe his feet and those of his entourage.

Haftarah for Chayei Sara: Hosea 2: 20-25

וְכָרַתִּי לָהֶם בְּרִית בַּיּוֹם הַהוּא עִם־חַיַּת הַשָּׂדֶה וְעִם־עוֹף הַשָּׁמַיִם
וְרֶמֶשׂ הָאֲדָמָה וְקֶשֶׁת וְחֶרֶב וּמִלְחָמָה אֶשְׁבּוֹר מִן־הָאָרֶץ וְהִשְׁכַּבְתִּים
לָבֶטַח׃
וְאֵרַשְׂתִּיךְ לִי לְעוֹלָם וְאֵרַשְׂתִּיךְ לִי בְּצֶדֶק וּבְמִשְׁפָּט וּבְחֶסֶד וּבְרַחֲמִים׃
וְאֵרַשְׂתִּיךְ לִי בֶּאֱמוּנָה וְיָדַעַתְּ אֶת־יְהֹוָה׃ {פ}
וְהָיָה בַּיּוֹם הַהוּא אֶעֱנֶה נְאֻם־יְהֹוָה אֶעֱנֶה אֶת־הַשָּׁמָיִם וְהֵם יַעֲנוּ
אֶת־הָאָרֶץ׃
וְהָאָרֶץ תַּעֲנֶה אֶת־הַדָּגָן וְאֶת־הַתִּירוֹשׁ וְאֶת־הַיִּצְהָר וְהֵם יַעֲנוּ
אֶת־יִזְרְעֶאל׃
וּזְרַעְתִּיהָ לִּי בָּאָרֶץ וְרִחַמְתִּי אֶת־לֹא רֻחָמָה וְאָמַרְתִּי לְלֹא־עַמִּי
עַמִּי־אַתָּה וְהוּא יֹאמַר אֱלֹהָי׃ {פ}

(20) In that day, I will make a covenant for them with the beasts of the field, the birds of the air, and the creeping things of the ground; I will also banish bow, sword, and war from the land. Thus I will let them lie down in safety. (21) And I will espouse you forever: I will espouse you with righteousness and justice, And with goodness and mercy, (22) And I will espouse you with faithfulness; Then you shall be devoted to God.

(23) In that day, I will respond —declares God—
I will respond to the sky,
And it shall respond to the earth;
(24) And the earth shall respond
With new grain and wine and oil, and they shall respond to
Jezreel. (25) I will sow her in the land as My own;
And take Lo-ruhamah back in favor;
And I will say to Lo-ammi, “You are My people,”
And he will respond, “[You are] my God.”

Siman Tov

Siman tov umazal tov umazal tov v'siman tov
Y'hei lanu, ul'chol Yisrael.

סִימָן טוֹב וּמַזָּל טוֹב.
וּמַזָּל טוֹב וְסִימָן טוֹב
יְהֵא לָנוּ. וּלְכָל יִשְׂרָאֵל.

It is a good and lucky sign for us and for all Israel!

Shehechyanu

Baruch Atah Adonai Eloheinu, Melech ha-olam,
shehecheyanu v'kiy'manu v'higianu laz'man hazeh.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהֶחֱיָנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לִזְּמַן.
הַזֶּה

Praise to You, Adonai our God, Sovereign of the universe, for giving us life, sustaining us, and enabling us to reach this season.

Refuah Shleimah

Mohammad Amiri, Sarah Bardin, Evi Beck, Ira Berlin, Sarah Biel, Gary Brown, Sandra Brown, Judith Chisholm, Don Elisburg, Phil Feld, Rabbi Stanley Funston, Linda Gionta, Hannah Gould, Helene Granof, Barbara Green, Robert Guyer, Noreen Tunney Jurkoski, Carole Hirschmann, Mildred Katz, Hy Levine, Dan Lutenegger, Catherine Lynch, Dan Mack, Mildred Marin, Micah ben Nechama Evi, Sophie Meyers, Bryant Monroe, Lynda Mulhauser, Sheila Platoff, David Reynolds, Stephen Rockower, Eric Rosenberg, Sarah Golde bat Shifrah, Charles Schussheim, Paulette Shulman, Elsa Smith, Irving Swatzburg, Betty Ustun, Paul Vordermann, Bobbie Wendel, Mimi Wolf

We Remember Those Lost to Violence in Washington, DC

Vance Contee, 31, NW DC; Dashane Judd, 31, no fixed address

Shiva

Rabbi Leonard Kravitz;
Marian Newman, wife of Michael Newman

Shloshim

Luanne Hintz, sister of Rabbi Susan Warshaw

Yahrzeit

Helen Arthur, Janice Berlin, Edythe Buono, Shirley Cahan, Harold Claster, Janos Fenjves, Dan Ferrier, Helen Fine, Ira Funston, Pauline Geldern, Celia Halpern, David M. Heiman, Maxine Inlander, Alison Kaplan, Myron "Mike" Laipson, Steve Laver, Donald Lehmann, Lillian Lehmann, Sol Levine, James Levinson, Wallace London, June Lu, Al McConagha, Harold Melman, Mervine Rosen, Perl Samuels, Beatrice Schuman, Neil B. Shulman, Al Taylor, Gussie Umansky, Maurice Weiner, Teri Weinman, Meyer Wiesberg, Robert Wilkes, Arthur Young

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Our b'nai mitzvah class,
Alice Lazar and Leonard Friedman

Thank you to our ushers:
Lani, Max, and James Inlander,
Rachel Dorman, and Alexis Stark

Special thanks to our choir.

1

Temple Micah acknowledges our synagogue stands on the traditional territory of the Piscataway and Nacotchtank (Anacostan) peoples. We pay respect to their elders past and present and recognize their stewardship of this land and the vital contribution of indigenous peoples to this nation we share.

Shabbat Shalom!

Our sanctuary is a sanctuary. If your mobile phone is not in use as an adaptive device, please turn it off.

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